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ABSTRACT

An exercise program for treating a patient whose abnormal condition is indicated by a resting heart pulse rate that deviates from the normal resting rate and a maximum heart pulse rate obtainable by physical exertion that deviates from the normal maximum rate. Throughout the program, the patient undergoes a series of exercise-relaxation cycles. During each cycle, the patient expends a surge of energy giving rise to a high pulse peak rate, and then relaxes to complete the cycle. This energy surge induces in the patient's heart a pendulum effect, causing the pulse rate to swing down from the peak rate to a resting rate below that in the initial range. The program's temporal conditions cause a progressive rise in the patient's attainable maximum pulse rate, expand his range and increase his flexibility, whereby the patient's maximum and resting pulse rates approach those of one free of the abnormal condition.